



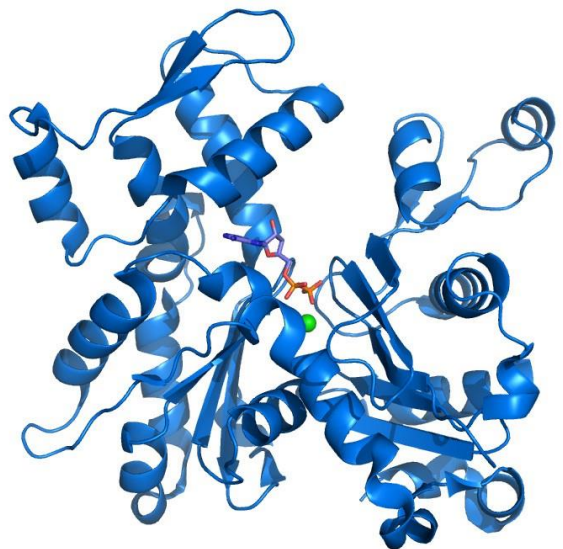
MARINE PROTEINS AND PEPTIDES IN FUNCTIONAL NUTRITION SYMPOSIUM ÅLESUND 2016

LEGASEA BIOMARINE CLUSTER
SYMPOSIUM



Legasea Biomarine Cluster proudly announces a symposium dedicated to the science and health benefits of **marine proteins and peptides**, sponsored by Firmenich, the international flavor and fragrance company. The event will take place at the Norwegian Marine Competence Center (NMK) in Ålesund, Norway, 20th and 21st of April 2016.

By invitation only.



LEGASEA™

Norwegian Biomarine Resources

www.legasea.no

Firmenich Inspiring

www.firmenich.com

Scientific Program

Formal Inauguration by His Royal Highness The Crown Prince of Norway.

Topics/titles of presentations:

KEYNOTE PRESENTATIONS

Nutrition and health in a global perspective; the significance of the world's marine fish resources as a source of food proteins

Ms. Vinita Bali
Chair of the Board Global Alliance for Improved Nutrition (GAIN)
Bangalore, India

Bioactive marine protein hydrolysates: an overview

Dr. George Grimble
Centre for Gastroenterology and Nutrition
London, UK

DIGESTIVE HEALTH

Digestive health: the role of protein nutrition on gut microbiota and the pathogenesis of gastrointestinal disorders

Dr. Aslan Gülen Lied
Clinical Institute 1
University of Bergen
Bergen/Norway

Marine proteins: do they affect the composition and function of gut microbiota and the secretion of gastrointestinal hormones?

Dr. Jan Gunnar Hatlebakk
Clinical Institute 1
University of Bergen
Bergen, Norway

BLOOD GLUCOSE MANAGEMENT

Muscle Health: nutrient interaction with focus on protein and omega-3

Dr. Bettina Mitteldorfer,
Department of Medicine and Center for Human Nutrition
Washington University School of Medicine,
St. Louis/USA

Marine proteins and peptides and insulin resistance - mode of action

Dr. Genevieve Pilon
Institute of Nutrition and Functional Foods (INAF)
Laval University
Quebec, Canada

SATIETY AND WEIGHT MANAGEMENT

The role of food and food composition in regulating satiety and food intake

Dr. Carsten Posovszky,
Department of Pediatrics and Adolescent Medicine
University Medical Center Ulm
Ulm, Germany

Marine protein hydrolysates and metabolism of fat

Dr. Bjørn Liaset
National Institute of Nutrition and Seafood Research
Bergen, Norway

MUSCLE HEALTH

Muscle protein synthesis: does protein and peptide intake matter, and is there a difference between proteins?

Dr. Nicholas Burd,
Division of Nutritional Sciences
University of Illinois at Urbana-Champaign
IL, USA

Protein and peptides: new tools for counteracting sarcopenia?

Dr. Emily Lantz
Department of Nutrition and Metabolism
The University of Texas Medical Branch
Galveston, TX, USA

Proteins and peptides: effective tools for increasing performance and recovery in sport?

Dr. Leigh Breen
School of Sport Exercise and Rehabilitation Sciences
University of Birmingham,
Edgbaston/UK

Symposium Agenda

Wednesday 20.04.2016

Arrival:	We will meet you at the airport and show you to your transfer to the hotel with shuttle busses.
	Check in at Scandic Parken Hotel
15.00–15.30:	Transport by mini busses to Norwegian Marine Competence Center (NMK)
	Registration at symposium. Venue: Statfjord A&B (at NMK)
16.00:	Welcome
16.15:	Keynote presentation: Dr. George Grimble
17.15:	Scientific Session: Satiety and Weight Management
19:15:	Transport by bus back to the hotel
20:00:	Transport by bus to Fjellstua Restaurant
20:30:	Dinner at Fjellstua

Thursday 21.04.2016

08:30:	Transport from the hotel to NMK
09:00:	Official opening of the Symposium by His Royal Highness the Crown Prince of Norway
09:20:	Keynote Presentation – Ms Vinita Bali
10:30:	Overview Lecture – Dr. Einar Lied
11:30:	Scientific Session: Blood Glucose Management
13:30:	Lunch in the restaurant at NMK
14:30:	Scientific Session: Digestive Health
16:45:	Scientific Session: Muscle Health
19:15:	Symposium ends, transport back to the hotel
20:00:	Departure from the hotel for dinner - Express boat from Ålesund to Langevåg
20:30:	Dinner at Devold Factory
23:30:	Express boat back to Ålesund and the hotel

Friday 22.04.2016

Social activity:	Boat cruise to Hjørundfjorden with lunch at Hotel Union Øye
09:45 – 15:00	Departure from the hotel for boat cruise including lunch
	Transport to the airport according to your flight

The event will be held at the
Norwegian Marine Competence Center (NMK)
Borgundveien 340
6009 Ålesund

Hotel Accommodation
Scandic Parken Hotel
Storgata 16
6002 Ålesund

Event Contacts

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General Information About the Venue

Ålesund and Sunnmøre

Ålesund is a town and municipality in Møre og Romsdal county, Norway. It is part of the traditional district of Sunnmøre, and the center of the Ålesund Region.

Check out [this film of our beautiful region](#). Copyright: Destination Ålesund & Sunnmøre/Fuglefjellet.

Here is a [short travel guide with some must-see attractions](#) from Ålesund. Copyright: [BookingHunter.com](#).

History

[Did you know that there was a big fire in Ålesund in 1904?](#)

850 houses burned to the ground and ten thousand people were left homeless. Copyright: [Fjord Norway](#)

Where is Ålesund, Norway?

[Check out the map here](#)

How do I get here?

Ålesund is easy to get to by air, sea and land.

Our travel agency Berg-Hansen will help you after you have registered.

If you have any questions regarding how to get here, please call +47 70 11 1033.

What should I pack?

[Click here to see what the weather is like.](#)

Time

Local time is GMT +1 (GMT +2 between the last Sunday in March and the Saturday before the last Sunday in October).

Electricity

Electrical current is 230 volts, 50Hz. Round two-pin plugs are in use.

Currency

The official currency is Norwegian Krone (NOK), divided into 100 ore. Larger establishments accept major credit cards. Use of credit cards is widespread, with Eurocard/Mastercard, Visa, American Express and Diners Club the most common. ATMs are available. [Click here for a Currency Converter.](#)

Communication

The international access code for Norway is +47. Local operators provide GSM 900 mobile phone networks and cover most of the country. Internet cafes are widely available.

Emergency number

Emergencies: 112 (Police); 113 (Ambulance); 110 (Fire).

Visa and health information

[Everything about visa and health information](#)

Ålesund Airport, Vigra

www.avinor.no/en/airport/Ålesund-airport

Getting to the city

The airport bus travels to Ålesund city centre throughout the day; the fare is NOK 80 and the journey takes roughly 25 minutes.

Airport taxis

Ring Taxi and Ålesund Taxi operate from the airport; taxi fare starts from about NOK 340 to the centre of Ålesund, and the journey takes 15–20 minutes.

Facilities

The airport offers several ATMs that dispense currencies for all direct destinations, a lost and found service, a tax-refund desk, duty-free shopping, and disabled facilities. The Departure Hall has a food kiosk serving hot and cold meals.

Internet at the airport

Free wifi is available in two-hour increments. You need a mobile phone to receive a username and password.

